Smart Growth and Senior Mobility

Partners in Smart Growth Conference
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Easter Seals Project ACTION
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Healthy Aging Imperative

- 85+ population will grow by 74%
- 36% people over 65 report having a disability*
- 51.5% of Older Adults over 75 have disabilities (28M people are 70 or older)
- 23% of older adults over 65 report being obese*
- 32.5% of older adults over 65 have no leisure time physical activity*
- 80% of people older than 60 are living with one chronic illness, but 50% older than 60 are living with two chronic illnesses (CDC, 2003)
- Chronic disease accounts for 75% of healthcare costs

*(CDC, 2007)
• 31M older licensed drivers in 2007 (19% increase since 1997)
• Nearly 1 M persons age 70+ stop driving each year
• Gap between Driving Expectancy
  • Men 6/7yrs.
  • Women 10yrs.
DHHS, Community Mobility, HCBS and Chronic Conditions

• CDC CDC's National Center for Chronic Disease Prevention and Health Promotion

• Dept. of Health and Human Services Community Living Incentives
  – Money Follows the Person
  – Housing and HHS partnerships

From http://www.cdc.gov/chronicdisease/resources/publications/AAG/chronic.htm
Smart Growth Can Reduce Community Chronic Disease

- It promotes safe walking & reduce pedestrian fatalities
- Provides healthier environment to live in
- Provides access to health and preventive care
- Helps people age at home
- It improves social connections potentially reducing depression and substance abuse
- Access to transportation options ensures transitioning from hospital to home for rehabilitation
- Caregiver transportation options help caregivers
Economic Benefits of Smart Growth for Seniors

- **Reduces business costs**: Metlife study 7M working caregivers employers lose $ 36.3B annually due to lost productivity
- **Helps families retain assets**: cost of family based long-term care $ 375B vs. $ 97B Medicaid (Medstat Medicaid Figures)
- **Reduces LTC costs**: Community based long-term care vs. institutional care ($ 26K vs. $ 9K per year person, AARP)
- **Reduces transit cost**: fixed route trips vs. paratransit trips ($ 5/ride vs. $ 30-65/ride*) 10B trips taken a year (APTA)

*estimates based on various public transit sources*
<table>
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<th>Take Community Action</th>
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<tr>
<td>• Knoxville-Knox County Community Action (Tenn.)</td>
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<td>• ACCESS Transportation (Pa.)</td>
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<td>• Southwest Michigan Planning Commission</td>
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<td>• Houston Transit</td>
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<td>• Develop volunteer assisted transportation program, taxi certification</td>
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<td>• Use cell phone technology to provide information on arrival time for vehicles</td>
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<td>• Implement regional routing and scheduling systems</td>
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<td>• Promote Taxi vouchers and partnerships</td>
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Implement Person-Directed Mobility Management

- Provides information so people can choose the right transportation option for them
- Requires dual community analysis
  - Accessibility needs of people
  - Assessment of in the community
- Identifies and fills gaps in livability/accessibility
- Start Mobility Coaching & Counseling Programs
Increase Public Involvement in Planning
Promote Mobility Options Inter-generationally with Broad Partnerships

• Marketing
  – Public service announcements
  – Up to date accessible websites & social networking
  – Regular communication, newsletters, success stories

• One Call Centers

• Partner – schools, senior centers, senior communities….

• Cover all access points to address mobility needs
  – Department of Motor Vehicles
  – Hospitals
The Result – Greater Senior Mobility through A Coordinated, Accessible Multi-Modal System

- Public transit
- Accessible Taxis
- Volunteer driver programs
- Shared ride & vanpools
- Caregiver transportation programs
- Accessible paths of travel
- Highway signage that is senior friendly
- Recreation & leisure transportation
- Schools and university transportation
Easter Seals Transportation Group

Federal Transit Administration Cooperative Agreement Centers

Easter Seals
Project ACTION
Accessible Transportation Center
• Expand accessible transportation for people with disabilities of all ages
• Audience – transportation and disability community

National Center on Senior Transportation – Easter Seals and National Association of Area Agencies on Aging
• Expand family of transportation services for older adults
• Audience – human services and transportation community
Technical Assistance Center Functions

- **Training** – webinars, distance learning, conference calls, travel training, mobility planning services
- **Technical Assistance** – toll-free number, e-mail
- **Outreach** – conferences, disseminate useful materials, website, newsletter, partner with other national organizations
- **Applied Research** – Research contracts, Student Scholars programs and various community grants
Free Resources

- ADA Transit Board Members Handbook
- Taxi Toolkit
- Monthly Distance Learning Events
- Soon to be released Livability Brochure
- Travel Training Courses
- Operator Sensitivity Video
- Newsletters on key topics like mobility management, youth transition, travel training
- 800# 800-659-6428 and email technical assistance
Free Resources on Accessibility and Mobility

- **Accessible Pathways** to Bus Stops and Transit Facilities: A Process Guide
- Toolkit for the Assessment of Bus Stop Accessibility and Safety
- **Accessible Pedestrian Signals**: Making Your Community Safer and More Accessible for Everyone
- **Accessible Transportation in Rural Areas**: An Easter Seals Project ACTION Resource Sheet
- **Universal Design and Accessible Transit Systems**: Facts to Consider When Updating or Expanding Your Transit System
- **Expanding Mobility Options for Persons with Disabilities**: A Practitioner’s Guide to Community-Based Transportation Planning
- **Including People with Disabilities** in Coordinated Transportation Plans
OLDER DRIVER SAFETY AND TRANSITION FOR THE MATURE DRIVER

Are you 60 years of age or older and a driver?
Are you comfortable in all traffic situations as you were 10 or 20 years ago?
How comfortable in traffic do you expect to be in the next 10 or 20 years?

If you are completely comfortable in all driving situations, that is good news. However, you might know older drivers who are not as prudent, or just unable to continue driving. If it happens and no doubt it will happen, you want to be sure this does not happen to you.

It is critically important that older drivers are as safe as they can possibly be because they will be driving on the nation’s roads in increasing numbers. As the number of older adults in the United States increases dramatically in the coming decade, so too will the number of older drivers on the roads. In fact, the 20 million older drivers now will almost double, reaching 57 million in about 20 years.

Certain changes related to the aging process may make the highly complex skill of driving a car increasingly difficult. These include changes in vision, hearing, flexibility and strength. However, these changes are not consistent from one individual to another, and they do not happen at the same age in each person.

NCST
National Center on Senior Transportation

Hanging Up the Keys?
Options When Driving Retirement Becomes a Crisis

TRANSPORTATION SERVICES
A Guide for Seniors: Finding the Right Transportation Option for You

Older Drivers • Public Transit • Volunteer Drivers
Taxi Services • Specialized Transportation

Provided by “Your Organization”
Impact of Livable Communities on Senior Mobility

- **Health** - increased quality of life
- **Civic engagement** - volunteers
- **Socio-emotional** – empowerment, independence
- **Economic** - lower cost of health & long-term care, access to jobs
- **Society-Family** - Richness of diverse & intergenerational communities
Please Feel Free to Contact Us

Easter Seals Project ACTION and the National Center on Senior Transportation

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